

What is MITCA?

MITCA (Michigan Interscholastic Track Coaches Association) is a coaching organization with a membership of approximately twelve hundred, track and field and cross country coaches.

Founded in 1959, MITCA operates under a set of by-laws and is dedicated to the education and recognition of the athlete and coach. This is achieved through several programs:

EDUCATION

Cross Country Clinic – annually held during the second weekend of November, this clinic typically draws four hundred cross country coaches to hear noted clinicians speak on a variety of topics.

Track and Field Clinic – annually held during the first half of January, this clinic typically draws nine hundred track and field coaches to hear noted clinicians speak on a variety of topics.

MITCA Newsletter – published quarterly includes meet results and articles of interest covering news, training tips, etc.

Team Michigan – in the fall, a group of ten senior boys and ten senior girls qualify to run and are sponsored by MITCA in the Mid-East Cross Country Meet held in Ohio, competing against teams from several surrounding states. In the spring a track team of senior boys and girls are sponsored by MITCA to compete in the Mid-West Track and Field Meet.

Free Membership – in the Michigan High School Coaches Association

RECOGNITION

All-State – The top thirty runners in each boys and girls division race in cross country and the top three finishers in each event in track and field are awarded a MITCA All-State Certificate immediately following their race.

Academic All-State – Top finishers in cross country and track and field, in each division, meeting a minimum grade point average receive a certificate.

Coach of the Year – four boys' team coaches and four girls' team coaches from each of four divisions are nominated for Coach of the Year honors. A membership vote selects the COY (XC coaches must be members by Oct.1; TF coaches by May 1).
Assistant Coach of the Year and Middle School Coach of the Year - awarded to those nominated by their head coach.

15/25 Year Recognition – as coaches reach these career benchmarks, they are recognized at the cross country and track & field clinics, each receives a certificate.

Patsy Arpeno Scholarship – two five hundred dollar scholarships are awarded via random draw to children of MITCA members in college.

Hall of Fame – MITCA selects a Mr/Ms Track and Field and Mr/Ms Cross Country. Additionally a cross country and a track and field coach are recognized for life time achievement via the Ambrose and Sweeney awards respectively.

MITCA Team State Meet – The winning teams from each track & field regional are invited to compete in this true team championship.

For more information about MITCA, visit: www.mitca.org

MITCA MEMBERSHIP FORM

Name			
Home Address			
City, State Zip		Phone	
School Name			
School Address			
City, State Zip		Phone	
email			
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
School Size (Division, <input checked="" type="checkbox"/> one)			
		<input type="checkbox"/>	<input type="checkbox"/>
		Yes	No
What year did you begin coaching?		Have you coached continuously?	
# Years coaching Track & Field		# Years coaching Cross Country	
		<input type="checkbox"/>	<input type="checkbox"/>
		Yes	No
First year of MITCA membership		Attended last T&F clinic?	Attended last XC clinic?

Annual: \$25.00 Check payable to MITCA

Mail to:	Jerry Lasceski 1691 North Hinson Rd. Fairgrove, MI 48733
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For more information about the
Michigan Interscholastic
Track Coaches Association

contact any of the following
Executive Board members.

MITCA President
pres@mitca.org

Jerry Lasceski -Treasurer
Akron-Fairgrove HS
(989) 693-6112
treas@mitca.org

Steve Porter-Public Relations
Milan HS
(734) 439-5050
pr@mitca.org

visit our web site:
www.mitca.org

Join!

Attending a MITCA clinic makes you an
annual member!
Check web for date and location details.

Or,

Complete form on reverse side -Two
types of membership.
\$25 annual, \$100 lifetime - see website for details

Important XC/T&F Dates

Track and Field

2 nd Mon in March	Practice Begins
2 nd Mon in May	MHSAA Reg Entry due
Fri/S wknd before Mem Day Wknd	MHSAA Regional Meet
Sat. of Mem Wknd	MITCA Team State Mt
1 st Sat in Jun.	MHSAA Final Meet
3 rd Sat in Jun.	Midwest Meet (SENIORS ONLY)

Contact:
midwest@mitca.org

Cross Country

2 nd Mon. in Aug.	Fall Practices begin
3 rd Wed. in Oct.	MHSAA LP Reg. entry due
Last Sat. in Oct.	MHSAA LP Reg. Meet
First Sat. in Nov.	MHSAA LP Final Meet @ MI Int'l Speedway
2 nd Sun. in Nov.	Mid-East Qualifying Mt, Site TBA
3 rd Sat. in Nov.	Mid-East Meet (SENIORS ONLY)

Contact:
mideast@mitca.org

MITCA

Michigan Interscholastic Track Coaches Association

What is MITCA?



Cross Country Track & Field

Join MITCA today!

**Better coaching through
shared educational
opportunities.**

www.mitca.org

- Please copy for your Assistant and Middle School coaches
- Ask your Athletic Director to sponsor your MITCA membership.